

Dream Workshop

**"An uninterpreted dream is like an unopened gift from God."
- Carl Jung**

Have you ever dreamt about being in school and not being able to find your class? Have you ever had re-occurring dreams, flying dreams, or dreams where you felt great sadness, embarrassment, fear or excitement? If you've ever wondered what your dreams mean, and would like to learn, than this workshop is for you! Come learn, share, explore and interpret the gift of your dreams. In this workshop you will learn:

- The great wisdom & transformative power of your dreams
- How to remember your dreams
- How to keep a dream journal
- How to interpret your own dreams through your use of associations, symbols & metaphors
- How to incubate dreams
- How to bridge the meaning of your dreams to your internal or external life
- How to understand the archetypal realm of the dream psyche

**WHEN: Friday, May 14th (6:30-9:00 pm)
Saturday, May 15th (9:00-5:00 pm)**

WHERE: 411 Oak Street, Roseville (Upstairs)

HOW MUCH: \$100.00

Non-refundable deposit of \$25.00 due by May 5th

**FACILITATOR: Judy Kelly, LCSW, CSAT
(916) 783-3420**

This workshop will fill very fast. Sign up today to hold your space!

Judy Kelly has been studying Jungian Sandplay, Depth Psychology and Dream Work for 20 years, and has a special interest in working with people to help them understand their dreams as a useful tool in the unfolding of their life's journey. She has studied extensively with Connie Rodriguez, PhD, author of Gifts of the Soul.